



Photo by Lisa Gonzales

The Family Advocacy Program offers a New Parent Support Program for families adjusting to new members. The program offers advice of a visiting registered nurse who can discuss a variety of issues relating to the stresses, challenges and joys of new parenthood. Family Advocacy Program nurse Christie Krisinger holds Jacqueline Mashburn. Surrounding Krisinger, seated left to right are: Madison Treida; Cassie Lee; Jacqueline and Hunter Morrison. Krisinger also coordinates play group meetings.

Parent support an integral part of Family Advocacy Program

BY BETH DEPERSIO
Family Advocacy Program Assistant

The thrill of a new baby is one of life's most challenging experiences. The role of the new parent is one area in which training is not received. Learning about those first developmental steps of children and about the continuing stages is essential for a less stressful parenting experience and your child's healthy development.

Those who have experienced it know that even extensive baby-sitting or caring for siblings does not prepare an individual for the 24-hour job of caring for your own child. The New Parent Support Program is a component of the Family Advocacy Program. It is an educational, voluntary, supportive service offered free to expecting parents and families with children under 36 months who are experiencing difficulties adjusting to the changes in their lives. An

in-home visiting registered nurse provides the service. Some topics include: infant growth and development, appropriate toy selection, family dynamics, child care, coping techniques for the stresses of parenting, health care nutrition; parent infant bonding, infant stimulation and discipline and safety issues.

For more information on the New Parent Support Program call Christie Krisinger, Family Advocacy Nurse or

Beth DePersio, Family Advocacy Program Assistant at 846-0139. OB Orientation, sponsored by the New Parent Support Program, is offered the 2nd and 4th Tuesday of each month. Newly pregnant persons should attend and learn all the services available to them from the base agencies. The orientation is held in the Dental conference room from 1-4 p.m. To register for the class, call 846-0139.

Services' used car lot offers only space for 'for sale' vehicles

Parking a for sale vehicle in any place other than the "Lemon Lot" is not permitted by base supplements to Air Force Instructions. The supplement permits operators of for sale vehicles to park in lots adjacent to their place of work and to use services facilities, but not in other parking lots nor overnight. Owners of "for sale" vehicles parked other than

the allowed lots run the risk of being ticketed under the provisions of Air Force Instruction 31-204, Kirtland AFB Supplement 1, paragraph 4.21.11. The 377th Services Squadron has a Used Car Lot (also known as the Lemon Lot) where vehicles that are for sale can be displayed. The Auto Skills Center offers this service for \$5 for motorcycles, \$10 for cars and trucks and

\$20 for recreational vehicles, boats and trailers. The lot is on Texas Street, across the street from Auto Skills Center, Building 20375. All that is required to display your vehicle on the "Lemon Lot" is proof of ownership or registration, proof of insurance, and a valid identification card. Call 846-1104 or 846-1682.

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Photo by Lisa Gonzales

New ROTC unit

Maj. Gen. Alan Thrasher, U.S. Army Cadet Command, Ft. Monroe, Va., Lt. Col. Anna V. Lucero, professor of military science, University of New Mexico, and Louis Caldera, University of New Mexico president, cut the ribbon for Army Reserve Officer Training Corps. This puts the University of New Mexico among the few universities nationwide with all four services represented in the ROTC program.

N. M. Veterans Affairs honors Guardsmen, Reservists

The New Mexico Veterans Affairs Health Care System conducts a ceremony recognizing staff serving as Guardsmen and Reservists, as well as recent retirees, 10 a.m., Sept. 30, in the auditorium of Education Building 39.

A pin from the Department of Veterans Affairs will be presented to those individuals who were activated or were ready to be activated to serve in the Global War on Terrorism.

Call 265-1711, extension 2843.

Living in Fear

Kirtland AFB employee tells story of growing up with abusive parent

BY KATHERINE L. WEBER
377th Contracting Squadron

Living in fear was how I existed. Would I be next? Would I marry an abuser? You see I was from a family with an abuser.

As a teenager, I hated Fridays. My stepfather's drinking would start and before I knew it I had to call the police. I remember seeing my mother's hand being pushed through the china cabinet glass. Many times as a freshman in college, I would go to school early (in a bus) to get away. The only thing I could do was cry the whole trip. Instead of thinking about my future, I had to worry about my younger siblings and how we would survive each day. I became the parent during this time.

Soon I felt that this abuse was my entire fault. I sometimes would be sitting at the end of my bed waiting for the abuse to start. I always expected it.

How do you survive this kind of abuse? My mother eventually went into a battered wife's home (for women). A lot of these women would go back to their husbands. My mother learned that many of them had no job skills. She encouraged these women to go back to school and learn a skill. Actually, some of them did do so. I never could figure out why she stayed with my stepfather. I believe she thought it would get better. She eventually real-

ized that staying in this abusive relationship was not a good thing. She left the state, found a job and ended up living without fear.

How did I survive this as a child? I realized that I could not rely on my mother. My friend was very encouraging and she prayed for me. I did not have resources or know about those that were available.

What advice can I offer families who live with an abuser? As a parent, encourage your children to seek out family members, clergy or get counseling to help them through the crisis. As an abused person, just letting your children know about resources or getting someone close to get them help would enhance their futures. It has taken me more than 20 years to get through my "self-esteem" predicament. Even today, I still have all kinds of doubts about what I can do. It is only through my faith that I have learned what lasting confidence means.

Lastly, leave if you must. Don't wait until there is permanent physical/mental damage. Keep your faith and know you are doing the right thing for you and your children. Most of all you can live without fear.

*I dedicate this to my mother,
Jean Lesea, who died of
Breast Cancer, January 2000.*



Col. Henry L. Andrews Jr.

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